

Stimming



Social Story



Sometimes I like to do repetitive actions or movements. These repetitive actions or movements are called stims.



There are lots of different ways to stim. I might flap my hands, line up toys, repeat some words over and over, rock back and forth, spin objects or my body, bang my head, wave my fingers or hands in front of my eyes, bite, and/or chew. Some people might stim one way and I might stim in other ways.



Stimming is something I do when my emotions get big. I might stim when I get overwhelmed, feel happy, and/or need help regulating my body. I can use stimming as a coping strategy.



These repetitive actions can also help me focus so that I can better understand what is happening around me and inside my body.



Stimming also helps me communicate how I am feeling, even without verbalizing (or directly saying) how I am feeling.

1. _____

2. _____

3. _____

4. _____

5. _____

Here are some of my favorite ways to stim.



Most stimming behaviors are harmless and don't hurt anyone or anything. However, some stims, such as biting, pinching, or head banging, can be harmful and damage property or hurt others.



If my stimming is hurting someone or something, then some people might try to discourage or stop my stimming. I can find alternative ways to stim to keep myself and others safe. My family members or friends can also help me find safer alternatives to try.



I NEED...

However, if my stim doesn't hurt anyone or anything, then I should feel free to stim as much as I need because I know it helps me regulate my body. I can also advocate for my needs by saying, "I need to stim" or "I need to move."



Whenever I am feeling overwhelmed with emotions, either positive or negative, I can use stimming as a coping strategy. It is a way to communicate with others about how I am feeling.